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# Are you Ready???

WHAT DO YOU KNOW ABOUT TRAFFICKING?

WHO DOES IT IMPACT?

ARE ANY OF YOUR CLIENTS VICTIMS/SURVIVORS OF DMST?

DOES HER\HIS STORY SOUND FAMILIAR?

HAVE YOU TAKEN TIME TO GET TO KNOW YOUR CLIENTS?

# Let's get to know each other!

#### Who is Courtney's House?

Courtney's House is a 501c(3) non-profit organization that is committed to providing a loving environment for girls, boys and transgendered survivors of sex trafficking.

We provide services for youth in the DC, Northern Virginia & Maryland area

Our mission is to provide survivor focused, trauma informed, and holistic services to survivors of sex trafficking.

#### Who Does Courtney's House Serve?

Courtney's House offers a Non-Residential Program that serves 11-21 year old survivors of Domestic Sex Trafficking.

In addition, Courtney's House offers emergency Case Management to clients over the age of 21 for 30 days.

#### **Services**

#### Intake Assessments

Assessments are screening methods for Sex Trafficking.

#### Street Outreach

Friday & Saturday nights (2-7am)

#### Hotline

- 24 Hours, 7 days a week
- Answered by survivors
- 1-888-261-3665

#### Research

- Support Street Outreach
- Find possible matches with Missing Kids
- Find & remove Online ads for clients

#### Services (con't)

- Survivor Support Groups
- Parent/Guardian Support Groups
- Mentoring
- Tutoring
- Survivor Intensive Case Management
- Drop-in Center
- Parent Insensitive Case Management

#### Common Ways Survivors Tell without Telling

- Testing the waters
- Calling others the names they have been called to see how you react
- Talk about an abusive boyfriend that they live with, with other girls, OR rape
  - \* see what questions you follow up with

#### Trauma on the BRAIN

- Of course higher risk of
  - o PTSD
  - Mood Disorders
- Self-blame, Shame, Guilt
- Dissociation, Depersonalization
- Limited ability to think about themselves in the future, plan goals
- Affects on sex drive
- Drug and/or alcohol use, but DO NOT assume



#### Trauma on the BODY

- Cuts, bruises, burns, broken bones
- STIs, trauma to genitalia
- Change in sleep and eating
- Significant change in weight
- Muscle tension
- Somatic Disorders
- Stomach problems
- Unable to feel temperature

#### Sex Trafficking Assessments

#### Four types of Control in the greater DC Area

- × Pimp
- × Gang
- **×** Family
- **X** Boys/Transgender

Knowing the correct control Enables you to ask the right questions

#### **Pimp Control**

# Intervene Assessment (from Shared Hope International)

- Have you ever left home?
- What made you leave home?
- How many times did you leave home?
- What were some of the ways you took care of yourself while you were away from home?
- Did you ever do any traveling while you were gone?
- What places did you go?
- While traveling, who did you go with?
- How long were you gone?
- While you were away from home did anybody keep you from coming back?
- Did anyone introduce you to stripping? If so where did you strip?
- Did you ever go to any shopping malls while you were gone?

#### **Gang Control**

- Have you ever been asked to go to a skip party?
- How did you hear about the skip party?
- Were you asked bring any friends?
- Did anyone ever show you any DVD's or YouTube footage of them or someone else harming someone?
- What clique or set were you with?

#### **Family Control**

- Have you ever helped your family save money?
- What are some ways you helped?
- Has anyone in your family ever dropped you off at someone's house?
- How long were you gone?

#### Boys/Transgender Control

- Did anyone ever give you hormone shots?
- Do you have a Mama that helps take care of you?
- Who helped you become Fierce?
- Are you in a Dance Crew?
- Have you ever worked chatlines?

#### **Terms**

- **Trafficker/Pimp** Person who buys and sells the child with no regard for their well being
- **John/Buyer** Person who buys sex from the child with no regard for their well being
- **Quota** An amount of money that survivors must provide to their trafficker/pimp every night
- **Bottom** A trafficker/pimp who has multiple women/girls under his control will pick one to help supervise and control the others. The "bottom" will collect money for the pimp and tell on the other girls, but the "bottom" is also controlled by the pimp and often endures the most abuse.
- **Track** A set area known for prostitution activity where girls & boys are sent by their trafficker.

#### **Terms Continued**

**Runway/Kiddie Track** — Where young girls, usually ages 11-16 are sent by trafficker

**Daddy** – What pimps require victims to call them

**Mama** — What transgendered traffickers require victims to call them

**Wife-in-law** — What women/girls are required to call the other women/girls in the "stable"

**Stable** – A group of victims under pimp control

**Gorilla Pimp** – A violent Pimp/Trafficker

**"The Life"** – Being involved in pimp control

#### **Terms Continued**

**Seasoning** – When a pimp rapes, beats, manipulated, intimidates a victim in order to break her down.

**Trick** – Can mean a person buying a victim or the act of prostitution

**Turn Out Folks** – Pimp who first put the victim out on the street

**Folks** – Reference to a pimp

**Renegade** – Someone who is involved in prostitution on their own and has no trafficker

**Squaring up** — Getting away from the trafficking situation

**Branded** — When pimps tattoo their names on the victims

#### What happens when a client is referred?

- Courtney's House Staff will conduct an assessment & Run-a-way plan
- We will let the child, guardians & Case Worker(s) know if the child qualifies for our services
- Work for the best course of action with the client.
  - Referrals to out of state facilities specific to sex trafficking
  - Incorporate client into on-going Courtney's House Survivor support groups & activities.
  - Actively work with the parents/guardians on their healing.



#### Things to Look Out for...



- Unexplained gifts or cash or lying about the source of the gift/cash
- Cell phone calls/phone bills from unrecognizable numbers
- A new cell phone given by a friend
- Hangs-up phone when an adult answers the phone
- Condom packages or drug paraphernalia
- Time unaccounted for lies about where and with whom they have been
- Change in attitude or behavior aggressive towards family
- Change in appearance dressing differently
- Isolation from family or friends (physically & emotionally)
- Is secretive about new set of friends or girlfriend/boyfriend
- Fearful of adults and law enforcement
- Evidence of sexual abuse: signs of STD's, HIV/AIDS, urinary tract infections

#### Things to Look Out for... (con't)

- Having a boyfriend/girlfriend who is much older than the child
- Missing personal items in your home
- Change in appetite (loss/gain weight)
- Staying out late
- May refer to friends as their "street" names or start using street slang
- Child attending school sporadically or not at all
- "Working" long hours for little or no money
- Evidence of physical abuse: scarring, respiratory problems, malnourished, underweight, rotting teeth
- Evidence of mental abuse: depression, helplessness, isolation, fearful or confusion

# **Happy Ending**







## Thank you.



If you, or someone you know, is in need of services, please do not hesitate to contact Courtney's House

We are here to help! 24-hour hotline number 1.888.256.0365.

# Looking Through a Trauma Lens Putting it into practice

July 26 and 29, 2016 Kathy Szafran, MA, LPC, ALPS Pres and CEO



# Breauna's Story



# Where is Breauna to go?

- Is Breauna a juvenile delinquent?
- Is Breauna a victim of child abuse?
- Is Breauna a substance abuse addict?
- Is Breauna a victim of human trafficking?
- Is Breauna a victim of sexual abuse?
- Is Breauna neglected?
- Is Breauna just another pregnant teen?

# Crossover kids

- More girls are entering the juvenile justice system.
- > Girls have higher rates of neglect, physical, sexual and emotional abuse, including sexual trafficking.
- > Girls are imprisoned for less serious offenses than boys.
- > Girls engage in more "self-protective" behaviors, such as running away.
- > Girls display more internalized symptoms such as self- mutilation and substance abuse.

# Human trafficking in WV

- Not always the pimp-Not the made for TV version
- Extreme rural isolation
- Familial
- Acceptable (benefits the family)

Okay, I get all that.
But what the heck am I supposed to DO with these girls?

# The belief system of trauma:

- "I'm not safe"
- "People want to hurt me"
- "People cannot be trusted"
- "The world is dangerous"
- "If I'm in danger no one will help"
- "I'm not good enough/smart enough/ worthy enough for people to care"
- "I'm not powerful
- "It will never get better"



# What it looks like behaviorally

- Fight: Physiological arousal
  - Aggression
  - Irritability/anger
  - Trouble concentration
  - Hyperactivity or "silliness"

Flight: Withdrawal and escape

Social isolation

Avoidance of others

Running away



- Freeze: Stilling and constriction
  - Constricted emotional expression
  - Stilling of behavior-disassociation
  - Over compliance and denial of needs



#### Trauma treatment...

- Is not a workshop.
- Significant paradigm shift on how we view system involved youth.
- An integrated system of creating a healing environment.
- Assessment based / measurable outcomes.
- Individualized / resiliency based.
- The total environment embraces the way to nurture, support and teach.
- Mind body connection.

#### Trauma Informed Practice

#### Trauma Informed

- Power/control minimized constant attention to culture
- Caregivers/supporters collaboration
- Address training needs of staff to improve knowledge & sensitivity
- Staff understand function of behavior (rage, repetitioncompulsion, self-injury)

#### Non-Trauma Informed

- Keys, security uniforms, staff demeanor, tone of voice
- Rule enforcers compliance
- "Patient-blaming" as fallback position without training
- Behavior seen as intentionally provocative

#### Trauma Informed Practice

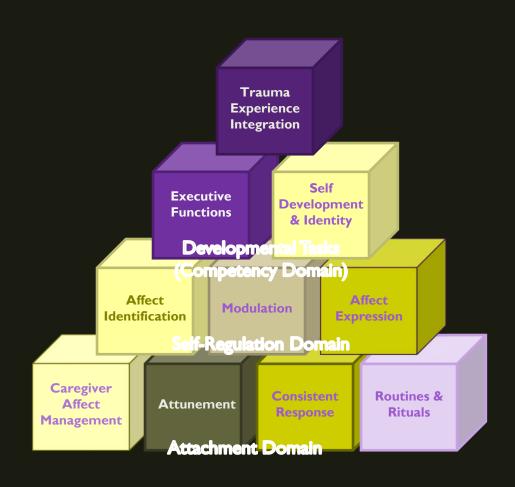
#### Trauma Informed

- Objective, neutral language
- Transparent systems open to outside parties

#### Non-Trauma Informed

- Labeling language: manipulative, needy, "attention seeking".
- Closed systemadvocates discouraged.

### **ARC Framework**



## ARC Attachment, Self-Regulation and Competency

- A (attachment) = establishing safety & consistency in our response to each girl, every minute, every day.
- R (self-regulation) = skills & treatment to express & manage emotions
- C (competency) = a new sense of self & competency to handle life

<sup>\*</sup>Blaustein, M., & Kinniburg, K., (2010). Treating Traumatic Stress in Children and adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency. New York, Guilford Press

## At the end of the day.....

Remember we are planting seeds....



# **Ultimate Outcome Goal of Trauma Focused Care**

Healing for this generation...and the next.

### TED Talks

DR. NADINE BURKE HARRIS, MD
HOW CHILDHOOD TRAUMA AFFECTS
HEALTH ACROSS A LIFETIME

#### Key trauma lens terms:

- Regulated
- Dysregulated
- Modulation
- Resiliency
- Affect identification
- Affect expression
- Executive functioning
- Self-development and identity
- Attunement

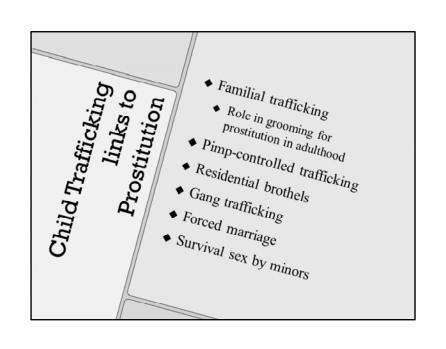
## Suggested Resources

www.Acesconnection.com www.Acestoohigh.com

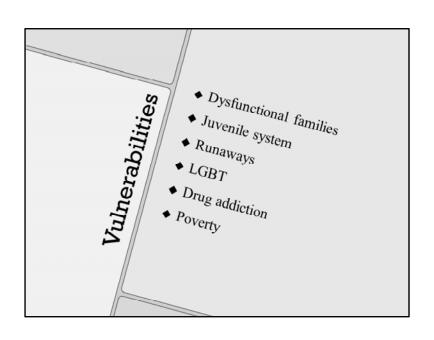
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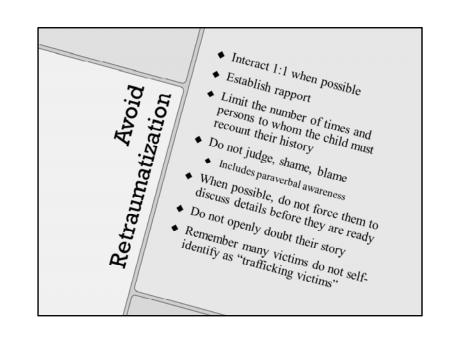
#### Suggested Resources

- ✓ The Post-Traumatic Stress Disorder Sourcebook" by Glenn R. Schiraldi, Ph.D.
- ✓ "The Body Bears the Burden. Trauma, Dissociation and Disease"
  by Robert C. Scaer, MD
- "Traumatic Stress. The Effects of Overwhelming Experience on Mind, Body and Society" by Bessel A. van der Kolk, et.al.
- ✓ "Psychological Trauma" by Bessel A. van der Kolk
- ✓ "The Body Remembers. The Psychophysiology of Trauma and Trauma Treatment" by Babette Rothschild
- ✓ "The Trauma Recovery Institute Treatment Manual" by Louis W. Tinnin, MD and Linda Gantt, Ph.D., ATR-BC
- ✓ Intensive Trauma Therapy Inc. www.traumatherapy.com









## Addressing Human Trafficking in WV

Policy and Statewide Collaboration Efforts

#### WV Policy Efforts

- 2012 Created Human Trafficking Crime requiring 2 or more victims
- 2015 Human Trafficking bill passed vetoed by Governor due to title error
  - Crime requiring 1 or more victims
  - Created statewide "Commission"
  - · Penalties for traffickers
  - Protections for victims
- 2016 Human Trafficking bill died in last seconds of session
  - · Commission was removed
  - Improved language relating to children
  - Improved protections for victims

#### **WV Statewide Collaborations**

- WV Human Trafficking/Civil Rights Task Force
  - US Attorney Civil Rights Task Force
  - Center for Children's Justice HT Subcommittee
  - WV Supreme Court Improvement Project HT Subcommittee
- Human Trafficking Coordinator
  - Sisters of St. Joseph Health and Wellness Foundation Grant & WVCADV
  - Staff Task Force & Sub committees
  - Inventory current services available in WV
  - Develop a statewide services & awareness to fill identified gaps
  - Develop a statewide training plan
  - Develop a plan for law enforcement & prosecution response & referrals

#### For More Information:

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www.wvcadv.org